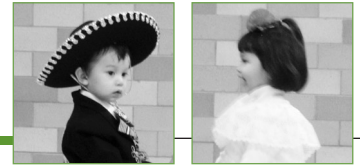


Spring Classes



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

preschool • kids

dance

Dancing with Letters and Numbers

Toddlers learn letter recognition, letter sound, writing letters, and first steps to reading.

Instructor: A. Ramirez
Fee: \$60 Resident
\$75 Non-Resident

Ages: 3-5

Parkway
#0092.261 Tu, Th 10:30 - 11:30 am

Mommy and Me Creative Dance

Have fun learning new dance moves with your little one.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 2-3

Monteville
#0130.251 Tues 10:30 - 11:00 am
Salt Creek
#0130.232 Wed 9:00 - 9:30 am

Morning Preschool Ballet

This class will help your child develop flexibility, musicality and coordination.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 2-3

Monteville
#0130.252 Tues 11:00 - 11:30 am

Morning Preschool Tap and Ballet

Musicality and coordination skills will be developed while learning the basics of ballet and tap.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 3-4

Monteville
#0130.250 Tues 11:30 am - 12:00 pm

Ages: 4-5

Monteville
#0130.257 Thurs 11:00 - 11:30 am

Ages: 3-4

Salt Creek
#0130.230 Wed 9:30 - 10:00 am

Morning Preschool

Dance Combo

Tumbling, jazz, and ballet will all be combined in this fun environment.

Instructor: F. Alvarez
Fee: \$43 Resident
\$53 Non-Resident

Ages: 2-3

Monteville
#0130.253 Tues 10:00 - 10:30 am

Ages: 3-4

Monteville
#0130.254 Thurs 11:30 am - 12:00 pm

Preschool Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

Parkway (new students)
#0110.261 Mon 3:30 - 4:00 pm
Parkway (returning students)
#0110.262 Mon 4:00 - 4:30 pm
Heritage (new students)
#0110.201 Thurs 5:30 - 6:00 pm
Heritage (returning students)
#0110.202 Fri 5:45 - 6:15 pm
Loma Verde
#0110.227 Fri 5:00 - 5:30 pm
Otay
#0110.244 Wed 5:00 - 5:30 pm
Community Youth Center
#0110.285 Thurs 4:00 - 4:30 pm
Monteville (new students)
#0110.250 Mon 3:00 - 3:30 pm
Monteville (returning students)
#0110.251 Mon 3:30 - 4:00 pm
Salt Creek
#0110.233 Tues 5:15 - 5:45 pm

Preschool Ballet / Tap

Learn elementary ballet and tap techniques to develop motor learning skills.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 2-6

Otay
#0120.241 Wed 4:30 - 5:00 pm
Monteville
#0120.250 Wed 4:00 - 4:45 pm

Ages: 3-5

Community Youth Center
#0110.288 Sat 12:30 - 1:00 pm
Parkway
#0110.263 Tues 4:30 - 5:00 pm
Veterans
#0110.211 Mon 5:00 - 5:30 pm

Ages: 2-8

Loma Verde
#0110.221 Mon 4:00 - 4:45 pm

Preschool Ballet Folklórico

This fun and festive class teaches the basics of Folklórico dance.

Instructor: M. Sanchez (V)
C. Perez and Staff (MV)
Fee: \$30 Resident
\$37 Non-Resident

Ages: 1-5

Veterans
#0210.211 Wed 4:15 - 4:45 pm
Loma Verde
#0210.121 Thurs 4:15 - 4:45 pm
Monteville
#0210.250 Thurs 3:30 - 4:00 pm
Salt Creek
#0210.235 Thurs 3:20 - 3:50 pm

Preschool Belly Dancing

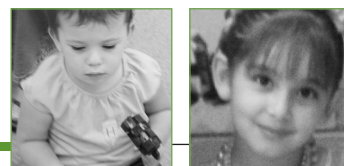
Students will learn basic belly dancing movements, as well as dancing with veils. Hip scarf's and veils are required by second class.

Instructor: C. Martinez
Fee: \$44 Resident
\$55 Non-Resident

Ages: 3-5

8 week class
Loma Verde
#0180.221 Wed 3:30 - 4:00 pm

Spring Classes



preschool • kids

Preschool Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span.

Instructor: C. Perez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#0201.201 **Heritage** Fri 4:45 - 5:15 pm

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic hip hop moves.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#0200.241 **Otay** Mon 6:15 - 6:45 pm

#0200.221 **Loma Verde** Sat 9:30 - 10:00 am

#0200.201 **Heritage** Fri 5:15 - 5:45 pm

#0200.250 **Monteville** Thurs 3:30 - 4:00 pm

#0200.261 **Parkway** Thurs 4:30 - 5:00 pm

#0200.233 **Salt Creek** Tues 5:45 - 6:15 pm

Preschool Hip Hop/Tumbling

Learn basic hip hop and other creative dance moves along with basic tumbling.

Instructor: L. Ramirez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#1920.211 **Veterans** Fri 4:45 - 5:30 pm

Preschool Traditional Dance Folklorico Mexicano

Fun and festive basic recreational instruction in various regional dances.

Instructor: Y. Chacón-Beniquez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#0140.262 **Parkway** Sat 9:30 - 10:00 am

enrichment

Apples to Zebras

Make learning the ABCs fun through games, songs, and arts and crafts.

Instructor: Staff
Fee: \$65 Resident
\$80 Non-Resident

Ages: 3-5

#0240.241 **Otay** Mon, Wed 11:15 am - 12:00 pm

#0240.221 **Loma Verde** Tue, Thurs 1:15 - 2:00 pm

Creative Hands

Come join your child in a class that will help inspire their imagination with hands on fun.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 2-3 Parent participation required
Monteville

#0032.250 Thurs 3:30 - 4:15 pm

Ages: 4-5 Parent participation optional
Monteville

#0032.251 Thurs 4:30 - 5:15 pm

Ages: 3-5

#0030.251 **Otay** Sat 10:30 - 11:30 am

Family Music Class

For families with two children. Focus is on singing, movement, rhythmic activities, and ear training.

Instructor: M. Soria
Fee: \$95 Resident Family
\$113 Non-Resident Family

Ages: 1-4

April 17 - May 15 5-week class

#0080.211 **Veterans** Tues 4:30 - 5:10 pm

May 22 - June 19 5-week class

#0080.212 **Veterans** Tues 4:30 - 5:10 pm

Infantile Education in Japanese

Participants will learn the following: acquisition of Hiragana (Japanese) reading and writing, math, rhythmic exercises, musical education, and Japanese culture.

Instructor: Y. Murakami
Fee: \$125 Resident
\$155 Non-Resident

Ages: 3-5

#0333.211 **Veterans** Sat 9:30 am - 12:00 pm

Learn and Play

Designed for children with more than one interest. Includes arts and crafts, music and movement.

Instructor: Staff
Fee: \$90 Resident
\$112 Non-Resident

Ages: 3-5

#0230.241 **Otay** Tue, Thurs 9:15 - 10:45 am

Little Hands

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 18 months - 3 years

#0020.201 **Heritage** Thurs 9:45 - 10:15 am

#0020.211 **Veterans** Mon 10:00 - 10:30 am

#0020.212 **Veterans** Wed 3:30 - 4:00 pm

Ages: 3-5

#0025.201 **Heritage** Thurs 9:00 - 9:30 am

#0025.211 **Veterans** Mon 10:45 - 11:15 am



FACT: Physical activity helps build and maintain healthy bones, muscles, and joints.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Little Picasso's

Your children will learn basic painting techniques in this class. Parents are welcome to join their children in this wonderful introduction to the arts. A material fee of \$25 is due to the instructor on the first day of class.

Instructor: O. Alvarado
Fee: \$30 Resident
\$36 Non-Resident

Ages: 3-5

Monteville
#0031.250 Mon 9:00 - 10:00 am

Me, You, and Fun Too!

You and your child will enjoy quality bonding time enjoying arts and crafts, storytelling, circle time.

Instructor: Staff
Fee: \$45 Resident
\$55 Non-Resident

Ages: 18 months - 3 years

Otay
#0280.241 Tues 4:00 - 5:00 pm

Otay
#0280.242 Thurs 12:00 - 1:00 pm

Mom (or Dad) and Me

The primary goal of this class is to develop socialization skills through exposure to other children.

Instructor: R. Knight
Fee: \$38 Resident
\$48 Non-Resident

Ages: 12 months - 3 years

Parkway
#0001.261 Mon 10:00 - 11:00 am

Music for Parent and Me

This class will help your child enhance social skills, coordination, listening, and motor skills.

Instructor: M. Soria
Fee: \$65 Resident
\$77 Non-Resident

Ages: 12 months - 30 months

April 17 - May 15 5-week class
Veterans
#0088.211 Tues 9:30 - 10:10 am

May 22 - June 19 5-week class
Veterans
#0088.212 Tues 9:30 - 10:10 am

Ages: 2-1/2 - 4 years

April 17 - May 15 5-week class
Veterans
#0088.213 Tues 10:15 - 10:55 am

Veterans
#0088.214 Tues 3:30 - 4:10 pm
May 22 - June 19 5-week class

Veterans
#0088.215 Tues 10:15 - 10:55 am
Veterans

#0088.216 Tues 3:30 - 4:10 pm

"Sign, Say and Play" A Baby Signs Program

This six-week class for both babies and parents is designed to embed the learning of signs in activities.

Instructor: J. Cayabyab
Fee: \$140 Resident
\$174 Non-Resident

Ages: 6 months - 3 years

Veterans
#3815.211 Sat 11:30 am - 12:30 pm
April 21 - May 26

Sing, Sign, and Play – Mommy and Me Class

Come play with your child, while learning American Sign Language.

Instructor: L. Albertson
Fee: \$90 Resident
\$112 Non-Resident

Session 1 April 18 - May 16

Ages: 6-12 months
Monteville 5 week class
#0070.250 Wed 9:00 - 9:50 am

Ages: 12-24 months
Monteville 5 week class
#0070.251 Wed 10:00 - 10:50 am

Ages: 6-24 months April 21 - May 19
Monteville 5 week class
#0070.252 Sat 9:00 - 9:50 am

Session 2 May 23 - June 20
Ages: 6-12 months
Monteville 5 week class

#0071.2150 Wed 9:00 - 9:50 am
Ages: 12-24 months
Monteville 5 week class
#0071.251 Wed 10:00 - 10:50 am

Ages: 6-24 months May 26 - June 23
Monteville 5 week class
#0071.252 Sat 9:00 - 9:50 am

Time Flies When You're Turning One!

The goal of this class is to promote baby's developments in the areas of socialization and motor skills. Parent and child will participate.

Instructor: C. Sedlacek
Fee: \$50 Resident
\$62 Non-Resident

Ages: Newborn to 12 months

Monteville 6 week class
#0060.250 Thurs 10:30 - 11:15 am

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first step away from home. Children must be potty trained.

Instructor: D. Sakamoto (PW), I. Pike (V)
M. Campos (LV), Sullivan-Rupic (M),
B. Magallanes (SC)

Fee: \$110 Resident
\$138 Non-Resident

Ages: 3-5

Parkway
#0090.261 Tues, Thurs 9:00 - 11:50 am

Parkway
#0090.263 Wed, Fri 9:00 - 11:50 am

Monteville
#0090.250 Tues, Thurs 9:00 - 11:50 am

Monteville
#0090.251 Wed, Fri 9:00 - 11:50 am

Salt Creek
#0090.233 Tues, Thurs 9:00 - 11:50 am

Salt Creek
#0090.234 Wed, Fri 9:00 - 11:50 am

Loma Verde
#0090.222 Tue, Thurs 9:00 - 11:50 am

Loma Verde
#0090.224 Wed, Fri 9:00 - 11:50 am
Veterans

#0090.211 Tues, Thurs 9:00 - 11:50 am
Veterans

#0090.212 Wed, Fri 9:00 - 11:50 am

Spring Classes



preschool • kids

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more.

Instructor: Staff
Fee: \$40 Resident
\$49 Non-Resident

Ages: 4-5

Heritage

#0030.201 Thurs 11:00 am - 12:00 pm

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out.

Instructor: Staff
Fee: \$50 Resident
\$62 Non-Resident

Ages: 18 months - 3 years

Otay

#0210.241 Tues 12:00 - 12:45 pm

Veterans

#0220.211 Thurs 11:30 am - 12:15 pm

physical fitness

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development.

Instructor: Staff
Fee: \$85 Resident
\$105 Non-Resident

Ages: 2-3

T-Ball/Soccer

Otay

#0150.241 Thurs 4:00 - 4:45 pm
Fri games 4:00 - 4:45 pm

T-Ball/Soccer

Otay

#0150.242 Tues 11:00 - 11:45 am
Thu games 11:00 - 11:45 am

Basketball/Kickball

Heritage

#0150.201 Fri 3:30 - 4:15 pm
Sat games 10:00 - 10:45 am

Ages: 4-5

T-Ball/Soccer

Otay

#0150.243 Thurs 5:00 - 5:45 pm
Fri games 5:00 - 5:45 pm

Basketball/Kickball

Heritage

#0150.202 Fri 4:30 - 5:15 pm
Sat games 11:00 - 11:45 am

Diaper Daredevils

Parent and child explore gymnastics and develop motor skills and hand/eye coordination using gymnastics equipment.

Instructor: J. Jensen
Fee: \$55 Resident
\$63 Non-Resident

Ages: Walking to 36 months

Parkway

#0080.261 Fri 10:00 - 10:45 am

Monteville

#0080.250 Mon 10:00 - 10:45 am

Monteville

#0080.252 Tues 10:00 - 10:45 am

Kreative Wonders

This class builds children's perceptual and locomotor skills, and self-esteem. 5-week session.

Instructor: C. Paseman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 18 months - 5 years

Session 1

Begins week of April 16 - Tumbling

Toddler Gym

(w/adult) 18 months - 2-1/2 years

Heritage

#0050.201 Wed 9:00 - 9:40 am

Heritage

#0050.202 Fri 9:00 - 9:40 am

Heritage

#0050.203 Sat 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

Heritage

#0055.201 Wed 9:45 - 10:25 am

Heritage

#0055.202 Fri 9:45 - 10:25 am

Heritage

#0055.203 Sat 9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

Heritage

#0060.201 Wed 10:30 - 11:10 am

Heritage

#0060.202 Sat 10:30 - 11:10 am

Session 2

Begins week of May 21 - Ball Skills

Toddler Gym

(w/adult) 18 months - 2-1/2 years

Heritage

#0050.204 Wed 9:00 - 9:40 am

Heritage

#0050.205 Fri 9:00 - 9:40 am

Heritage

#0050.206 Sat 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

Heritage

#0055.204 Wed 9:45 - 10:25 am

Heritage

#0055.205 Fri 9:45 - 10:25 am

Heritage

#0055.208 Sat 9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

Heritage

#0060.203 Wed 10:30 - 11:10 am

Heritage

#0060.204 Sat 10:30 - 11:10 am

Little Kickers Soccer

Learn the basics of kicking, passing, and scoring in this fun soccer class.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 2-3

April 21 - May 19 :5 week class

Monteville

#0330.252 Sat 10:00 - 10:45 am

May 25 - June 22 :5 week class

Monteville

#0330.253 Fri 4:00 - 4:45 pm

Ages: 4-5

April 21 - May 19 :5 week class

Monteville

#0335.252 Sat 11:00 - 11:45 am

May 25 - June 22 :5 week class

Monteville

#0335.253 Fri 5:00 - 5:45 pm



FACT: Physical activity helps control weight, build lean muscle and reduce fat.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Little Sluggers Baseball

Learn the basics of catching, throwing, and hitting.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 2-3

April 20 - May 18 :5 week class

Veterans

#0330.211 Fri 4:00 - 4:45 pm

May 22 - June 19 :5 week class

Veterans

#0330.212 Tues 4:00 - 4:45 pm

Ages: 4-5

April 20 - May 18 :5 week class

Veterans

#0335.213 Fri 5:00 - 5:45 pm

May 22 - June 19 :5 week class

Veterans

#0335.214 Tues 5:00 - 5:45 pm

Little Sports of all Sorts

Get ready to get fit and have fun as we introduce your little one to different sports.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 2-3

April 20 - May 18 5 week class

Monteville

#0330.250 Fri 4:00 - 4:45 pm

May 26 - June 23 5 week class

Monteville

#0330.251 Sat 10:00 - 10:45 am

Ages: 4-5

April 20 - May 18 5 week class

Monteville

#0335.250 Fri 5:00 - 5:45 pm

May 26 - June 23 5 week class

Monteville

#0335.251 Sat 11:00 - 11:45 am

Little Sport Stars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football.

Instructor: Staff
Fee: \$30 Resident
\$38 Non-Resident

Ages: 3-5 8 week class

Community Youth Center

#0220.281 Wed 3:15 - 4:00 pm

Ages: 5-7 8 week class

Community Youth Center

#0220.282 Wed 4:15 - 5:00 pm

Loma Verde

#0220.221 Thurs 4:30 - 5:15 pm

Little Track Stars Track & Field

Learn the basics in running, jumping, and throwing events. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 2-3

April 17 - May 15 :5 week class

Veterans

#0330.213 Tues 4:00 - 4:45 pm

May 25 - June 22 5 week class

Veterans

#0330.214 Fri 4:00 - 4:45 pm

Ages: 4-5

April 17 - May 15 5 week class

Veterans

#0335.215 Tues 5:00 - 5:45 pm

May 25 - June 22 5 week class

Veterans

#0335.216 Fri 5:00 - 5:45 pm

Mighty Tykes

Become a mighty tyke and burn lots of energy through interactive games and fun movement activities.

Instructor: Staff
Fee: \$50 Resident
\$62 Non-Resident

Ages: 3-5

Otay

#0220.241 Mon 4:15 - 5:00 pm

Mom & Me Stroller Exercises

Get back in shape while meeting other moms in this stroller exercise class.

Instructor: L. Landry
Fee: \$20 month Resident
\$24 month Non-Resident
or
\$5 per class Resident
\$7 per class Non-Resident

Ages: Birth - no longer in stroller

Monteville

Mon, Wed 9:30 - 10:30 am

#0001.252 April

#0001.253 May

#0001.254 June

Parent and Tot Karate

Learn the basics of karate with your little one. Moves include basic body movement and placement, as well as timing.

Instructor: G. Amen
Fee: \$40 Resident
\$50 Non-Resident

Ages: 3-5

Loma Verde

#0130.222 Wed 4:00 - 4:30 pm

Pee Wee Sports

Introduction to T-Ball, Basketball, Soccer and many other sports.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 3-5 April 16 - June 5

Parkway

#0098.268 Tues 3:00 - 3:50 pm

Preschool Gymnastics

The class emphasizes the development of coordination, balance, flexibility and self-confidence.

Fee: \$43 Resident
\$52 Non-Resident

Ages: 3-5

Loma Verde

#0010.223 Sat 9:00 - 9:50 am

Monteville

#0010.250 Fri 2:00 - 2:50 pm

Monteville

#0010.251 Fri 3:00 - 3:50 pm

Spring Classes



performing arts

performing arts dance

Adult Tap Dance

Toe-tappin' fun, learning basic steps through intermediate routines. Tap shoes required at second class.

Instructor: C. Schroeder
Fee: \$25 Resident
\$30 Non-Resident

Ages: 16 and over
Parkway
#1260.262 Mon 7:00 - 7:50 pm

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 4-6, Level 1
Heritage
#1230.201 Thurs 6:00 - 6:30 pm

Ages: 6 and over, Level 1
Otay
#1230.242 Wed 5:30 - 6:15 pm

Community Youth Center
#1230.283 Thurs 4:30 - 5:15 pm
Salt Creek
#1230.235 Fri 5:00 - 5:45 pm

Ages: 6 and over, Level 1 and 2
Heritage

#1235.202 Fri 6:15 - 7:00 pm
Loma Verde
#1235.224 Fri 5:30 - 6:15 pm

Parkway
#1220.261 Mon 4:30 - 5:15 pm
Montevelle
#1240.250 Mon 4:30 - 5:15 pm

Ages: 8 and over, Level 3 and 4
Parkway

#1240.261 Mon 5:15 - 6:00 pm
Montevelle
#1240.251 Mon 5:30 - 6:15 pm

Montevelle
#1240.259 Tues 4:45 - 5:30 pm
Heritage

#1240.201 Thurs 6:30 - 7:15 pm

Preschool Karate

Learn the basics of karate including basic body movement and placement, as well as timing. Parent participation is encouraged.

Instructor: J. Hickman
Session Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

Community Youth Center
#0030.281 Thurs 3:45 - 4:15 pm

Woman's Club
#0030.261 Tues 3:15 - 3:45 pm

Instructor: G. Amen
Fee: \$35 Resident
\$43 Non-Resident

Ages: 3-5
Beginning Veterans

#0030.211 Thurs 4:15 - 4:45 pm

Veterans
#0030.212 Sat 10:45 - 11:15 am

Veterans
#0030.213 Sat 11:15 - 11:45 am

Loma Verde
#0030.221 Wed 3:30 - 4:00 pm

Montevelle
#0030.250 Mon 3:00 - 3:30 pm

Montevelle
#0030.251 Mon 3:30 - 4:00 pm

Montevelle
#0030.253 Tues 3:00 - 3:30 pm

Montevelle
#0030.254 Tues 3:30 - 4:00 pm

Preschool Mini Basketball

This course teaches the basics of basketball including dribbling, shooting, and team play.

Instructor: Staff
Fee: \$38 Resident
\$47 Non-Resident

Ages: 3-5
April 18 - June 6
Parkway

#0098.263 Wed 3:30 - 4:15 pm

Preschool Mini Soccer

This course teaches soccer basics including dribbling, striking, and team play.

Instructor: Staff
Fee: \$38 Resident
\$47 Non-Resident
Ages: 3-5
April 17 - June 7
Parkway
#0098.269 Thurs 3:15 - 4:00 pm

Preschool Tennis

Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills.

Instructor: J. Villanueva
Fee: \$80 Resident
\$90 Non-Resident
Ages: 3-5
8 week class
Montevelle
#0140.252 Tues 9:00 - 9:45 am
Montevelle
#0140.253 Tues 10:00 - 10:45 am

Super Tots

Activities include loco motor warm up, circuit training on kid size gymnastics apparatus to develop gymnastics skills.

Instructor: J. Jensen
Fee: \$55 Resident
\$63 Non-Resident

Ages: 3-5
Parkway
#0080.262 Fri 11:00 - 11:45 am

Parkway
#0080.264 Fri 4:00 - 4:45 pm

Montevelle
#0080.251 Mon 11:00 - 11:45 am

Montevelle
#0080.253 Tues 11:00 - 11:45 am

Super Tots II

This class is a second level super tots class. Taught by a former Olympian.

Instructor: J. Jensen
Fee: \$55 Resident
\$63 Non-Resident

Ages: 3-5
Montevelle
#0080.254 Mon 12:00 - 12:45 pm

Montevelle
#0080.255 Tues 12:00 - 12:45 pm



FACT: Physical activity reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Ballet and Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap.

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 2-9

#1230.221 **Loma Verde**
Mon 4:00 - 4:45 pm

Ages: 5-9

#1230.284 **Community Youth Center**
Sat 1:00 - 1:45 pm

#1230.261 **Parkway**
Tues 5:00 - 5:45 pm

Ages: 5-12

#1230.211 **Veterans**
Mon 5:30 - 6:15 pm

Ages: 6-12

#1230.250 **Monteville**
Wed 4:15 - 5:00 pm

Ages: 10 and over

#1235.286 **Community Youth Center**
Sat 1:45 - 2:30 pm

Ballet Folklorico

This fun, festive class teaches the basics of Folkloric dance.

Instructor: C. Perez and staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 6 and over

#1250.250 **Monteville**
Wed 4:30 - 5:15 pm

Ballet Folklorico-Xochitl

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Costuming cost not included in fee.

Instructor: M. Sanchez
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6 and over

#1245.211 **Veterans**
Wed 5:00 - 5:45 pm

Ballroom Dance

Waltz, rumba and other dances taught. Drop ins welcome.

Fee: \$2 Resident
\$2.25 Non-Resident

Ages: 50+

#1720.253 **Norman Park**
7:00 - 7:50 pm

Ballroom Dances

Have fun learning several different ballroom dances.

Instructor: S. Martin
Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over

#1720.211 **Veterans**
Tues 8:00 - 9:00 pm

#1720.250 **Monteville**
Wed 6:00 - 6:50 pm

Beginning Ballet

This fun filled class will help your child develop flexibility, musicality, and coordination skills..

Instructor: F. Alvarez
Fee: \$65 Resident
\$80 Non-Resident

Ages: 6 and over

#2230.250 **Monteville**
Tues 10:00 - 10:50 am

Belly Dancing

The class combines movements, veils and finger cymbals with dance.

Instructor: L. Stacey (YC),
C. Martinez (PW & MV)
D. Aragon-Weisner
(HC, LV & MV)

Fee: \$45 Resident
\$55 Non-Resident
\$8 for single class at Parkway

Ages: Adults

#1540.281 **Community Youth Center**
Mon 6:00 - 7:00 pm

#1540.201 **Heritage**
Mon 6:00 - 6:50 pm

#1540.202 **Heritage**
Tues 6:00 - 6:50 pm

#1540.251 **Monteville**
Mon 7:30 - 8:20 pm

#1540.250 **Monteville**
Tues 7:00 - 7:50 pm

#1540.221 **Loma Verde**
Mon 7:00 - 7:50 pm

#1540.222 **Loma Verde**
Tues 7:30 - 8:20 pm

Dance Technique – Folklorico Mexicano

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 11-20 (Girls only)

#1260.261 **Parkway**
Sat 3:00 - 3:50 pm

Flamenco Dance

Students will develop self-confidence, rhythm, teamwork, poise, stage presentation. Practice items and costume costs are in addition to class fees.

Instructor: D. Weisner (H)
C. Perez (MV)

Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Beginning, Level 1

#1470.201 **Heritage**
Mon 6:00 - 6:50 pm

Ages: 6 and over

#1470.151 **Monteville**
Tues 5:30 - 6:15 pm

Hawaiian Dance

Learn the Dances of Hawaii, New Zealand, and Tahiti. Class emphasizes show dancing.

Instructor: M. Tuminting

Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

#1282.281 **Community Youth Center**
Tues 5:00 - 5:50 pm

Ages: 13 - Adult

#1282.286 **Community Youth Center**
Tues 6:00 - 6:50 pm

Spring Classes



performing arts

Hip Hop

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez and Staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 6-13

Community Youth Center
#1365.281 Tues 7:00 - 7:45 pm
Parkway

#1365.262 Thurs 5:00 - 5:45 pm
Monteville

#1365.250 Thurs 5:00 - 5:45 pm

Ages: 6 and over
Otay

#1365.242 Mon 6:45 - 7:30 pm
Loma Verde

#1365.222 Sat 10:00 - 10:45 am
Salt Creek

#1365.233 Tues 6:15 - 7:00 pm

Ages: 14 and over

Community Youth Center
#1365.282 Tues 8:00 - 8:45 pm
Monteville

#1370.250 Thurs 5:45 - 6:30 pm

Hip Hop 101

Have fun learning various hip hop styles. Improve your coordination and rhythm.

Instructor: L. Ramirez
Fee: \$35 Resident
 \$43 Non-Resident

Ages: 6-8

Veterans
#1265.211 Tues 6:00 - 6:50 pm

Ages: 9 and over
Veterans

#1265.212 Sat 10:00 - 10:50 am

Hip-Hop and Step Exercise

Learn Step and Hip-Hop.

Instructor: A. Jurado
Fee: \$24 Resident
 \$30 Non-Resident

Ages: 6-12

Monteville
#1490.151 Tues 5:30 - 6:15 pm

Ages: 12 and over

Salt Creek
#1490.231 Mon 3:30 - 4:20 pm

Intro to Hula

Hula with us! Students will enjoy island music while learning the basic movements of hula dance.

Instructor: S. Mesina
Fee: \$30 Resident
 \$35 Non-Resident

Ages: 6-12

Heritage
#1280.201 Wed 5:00 - 5:50 pm

Jazz and Hip-Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

Instructor: C. Perez and staff
Fee: \$55 Resident
 \$63 Non-Resident

Ages: 6 and over
Beginning

Heritage
#1610.201 Wed 4:00 - 4:45 pm

Salt Creek
#1610.235 Fri 5:45 - 6:30 pm

Monteville
#1610.250 Tues 4:00 - 4:45 pm

Jazz / Modern

Have fun learning a variety of different basic dance steps.

Instructor: L. Ramirez
Fee: \$35 Resident
 \$44 Non-Resident

Ages: 6 - 10

Veterans
#1900.211 Tues 5:00 - 5:45 pm

Ages: 11 and over
Veterans

#1900.212 Sat 1:00 - 1:50 pm

Line Dance

A fun way to keep active. No partner needed. Drop ins welcome.

Fee: \$3 Resident
 \$3.75 Non-Resident

Ages: 50+

Norman Park
Advanced Tues 10:00 - 11:00 am
Beginning Tues 11:00 am - 12:00 pm

Monteville Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian.

Instructor: L. Jasmin
Fee: \$41 Resident
 \$50 Non-Resident

Ages: 5-10

Monteville
#1100.250 Fri 5:15 - 6:00 pm

Ages: 10 and over

Monteville
#1100.251 Fri 6:15 - 7:00 pm

Move-in-Line

Progressive Line Dancing

Exercise to a variety of musical selections that will keep you asking for more.

Fee: \$35 Resident
 \$43 Non-Resident

Ages: 13 and over

Ultra Beginners

Veterans
#1510.211 Mon 6:30 - 7:30 pm

Improvers

Veterans
#1510.212 Mon 7:30 - 9:00 pm

Intermediate

Veterans
#1510.213 Thurs 7:00 - 9:00 pm

Fee: \$65 Resident
 \$80 Non-Resident

Both Improvers and Intermediate

Veterans
#1510.214 Mon 7:30 - 9:00 pm
 Thurs 7:00 - 9:00 pm



FACT: Physical activity reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Polynesian Dance

Beginners learn basics of Polynesian dance. Instructor's approval is required for intermediate and advanced classes.

Instructor: G. Berthiaume
Fee: \$25 Resident
\$30 Non-Resident

Level 1 **Ages: 5 and over**
Loma Verde

#1280.222 Thurs 5:45 - 6:35 pm

Level 1 **Ages: 12 - Adult**
Loma Verde

#1290.221 Wed 7:30 - 8:20 pm

Level 2 **Ages: 5 and over**
Loma Verde

#1285.225 Thurs 6:45 - 7:30 pm

Level 3 **Ages: 5 and over**
Loma Verde

#1295.221 Wed 5:30 - 6:20 pm

Level 4 **Ages: 9 and over**
Loma Verde

#1298.225 Wed 6:30 - 7:20 pm

Salsa

Popular "On 1" L.A. Style salsa for beginners and experienced dancers. Learn basic patterns and turns.

Instructor: D. Vasquez
Fee: \$80 Resident
\$105 Non-Resident

Ages: 16 and over
Loma Verde

#1730.221 Thurs 6:00 - 7:00 pm

#1730.222 Thurs 7:15 - 8:15 pm

Salsa and Merengue

Learn basic patterns and combinations. Improve your rhythm and coordination.

Instructor: S. Martin
Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over
Beginner

#1730.211 Thurs 6:00 - 7:00 pm
Montevalle

#1730.250 Wed 8:00 - 8:50 pm

Intermediate Must know all basic salsa patterns
Veterans

#1730.212 Tues 7:00 - 8:00 pm

Tahitian Dance

Learn dances from the Island of Tahiti. Students will enjoy island music while learning the basic movements.

Instructor: S. Mesina
Fee: \$30 Resident
\$35 Non-Resident

Ages: 13 to adult
Heritage

#1281.201 Wed 6:00 - 6:45 pm

Tap Dance

Learn elementary tap techniques to help develop motor learning skills.

Instructor: C. Perez and staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-12
Montevalle

#1205.250 Mon 4:00 - 4:45 pm

Traditional Dance Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez
Fee: \$30 Resident
\$37 Non-Resident

Beginning **Ages: 6 and over**
Parkway (Level 1)

#1245.263 Sat 11:00 - 11:50 am

Beginning **Ages: 18 and over**
Parkway (Level 2)

#1245.262 Sat 10:00 - 10:50 am

Emerging **Ages: 11-20**
Parkway

#1250.261 Sat 1:00 - 1:50 pm

Intermediate **Ages: 7 and over**
Parkway (Level 1)

#1250.263 Sat 2:00 - 2:50 pm

#1250.262 Sat 12:00 - 12:50 pm

Advanced **Ages: 8 and over**
Parkway

#1255.261 Thurs 6:00 - 6:50 pm

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance.

Instructor: S. Valenzuela
Fee: \$20 Resident
\$25 Non-Resident

Ages: 5-10

Veterans

#1100.211 Wed 4:30 - 5:20 pm

Ages: 11-15

Veterans

#1100.212 Wed 5:30 - 6:20 pm

Ages: 16 and over

Veterans

#1100.213 Wed 6:30 - 7:20 pm

Wedding Dance Workshop

You will learn steps, timing, and presentation for your big day.

Instructor: S. Martin
Fee: \$45 Resident
\$55 Non-Resident

Ages: 18 and over

Veterans

#1740.211 Tues 6:00 - 7:00 pm

Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel.

Instructor: L. Stacey
Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12

Community Youth Center

#1410.281 Mon 6:00 - 7:00 pm

Instructor: Aragon-Weisner
Fee: \$45 Resident
\$55 Non-Resident

Heritage

#1410.201 Mon 5:00 - 5:50 pm

Spring Classes



creative classes

Youth to Adult Belly Dancing

This class will teach you to do arm movements, shimmies, and isolations. Hip scarf's and veils required by second class.

Instructor: C. Martinez
Fee: \$55 Resident
 \$69 Non-Resident
 \$8 for a single class

Ages: 6-18 8 week class
Salt Creek
#1454.231 Sat 2:00 - 2:50 pm
Loma Verde
#1454.224 Mon 6:00 - 6:50 pm

Ages: 18 and over
 8 week class
Salt Creek
#1454.231 Sat 3:00 - 3:50 pm

performing arts

Creative Art of Acting

So, you want to be an actor? Experience the technical and creative aspects of theatre arts.

Instructor: D. Smith
Fee: \$33 Resident
 \$39 Non-Resident

Ages: 8 - Adult
Otay
#1530.244 Wed 6:15 - 7:50 pm

Fee: \$42 Resident
 \$52 Non-Resident
Monteville
#2110.250 Thurs 6:00 - 8:00 pm

Keyboard

Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students provide their own keyboards.

Instructor: N. Villanueva
Fee: \$62 Resident
 \$77 Non-Resident

Ages: 7 and over
Heritage
#1580.201 Wed 4:00 - 4:50 pm

Little Voices

This class teaches basic vocal techniques like breathing, phrasing, and enunciation.

Fee: \$62 Resident
 \$77 Non-Resident

Ages: 7-12
Heritage
#1520.201 Wed 5:00 - 5:50 pm

Mariachi Performance

Learn and develop techniques for Mariachi performance. Students must provide their own Mariachi instruments.

Instructor: R. Ojeda
Fee: \$60 Resident
 \$74 Non-Resident

Ages: 9-13
Parkway
#2158.261 Tues 6:00 - 6:50 pm

Ages: 14 and over
Parkway
#2158.263 Tues 7:00 - 7:50 pm

Modeling 101, Teen

Students will be introduced to the world of modeling. A material fee of \$25 will be due to the instructor.

Instructor: E. Gonzalez
Fee: \$145 Resident
 \$180 Non-Resident

Ages: 12-19
Monteville
#3100.250 Sat 10:15 - 11:15 am

Rondalla

Learn the basics of singing and guitar as introductory to Mariachi performance. Students must provide their own instruments.

Instructor: R. Ojeda
Fee: \$52 Resident
 \$64 Non-Resident

Ages: 10 and over
Parkway
#2158.265 Wed 5:15 - 6:15 pm

creative classes arts & crafts

3D Creative Art Space

Children will explore and create with varied media in an environment that encourages self-expression and artistic development. A \$10 supply fee to be paid to the instructor at the beginning of the session.

Instructor: A. Batson
Fee: \$50 Resident
 \$68 Non-Resident

Ages: 6 and over
Veterans
#3164.211 Mon 5:00 - 5:50 pm

Adult Watercolor

Beginning and intermediate students. Chula Vista Adult School Class. Register with the instructor the first day of class

Instructor: J. Helton
Fee: Free
Ages: Adults

Veterans
 Thurs 9:00 am - 12:00 pm

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects.

Instructor: Staff
Fee: \$40 Resident
 \$50 Non-Resident

Ages: 6-12
Salt Creek
#3150.234 Thurs 4:00 - 4:50 pm

Art-Tastic

Students will learn drawing, painting and sculpture in this Art-Tastic class.

Instructor: Staff
Fee: \$40 Resident
 \$50 Non-Resident

Ages: 6-12
Community Youth Center
#3113.282 Tues 6:00 - 6:50 pm



FACT: Physical activity reduces the risk of dying from coronary heart disease and of developing high blood pressure, colon cancer, and diabetes.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Cartooning

Practice drawing people and animals from head to toe (or paw). Experiment with humor and action.

Instructor: A. Songalia
Fee: \$42 Resident
\$53 Non-Resident

Ages: 8-13

Monteville

#3166.250 Tues 6:00 - 6:50 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis
Fee: \$34 Resident
\$43 Non-Resident

Ages: 10 and over

Loma Verde

#3200.221 Tues 9:00 am - 12:00 pm

Loma Verde

#3200.223 Wed 5:30 - 8:20 pm

Loma Verde

#3200.222 Wed 9:00 am - 12:00 pm

Loma Verde

#3200.224 Sat 9:00 am - 12:00 pm

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-14 8 week class

Parkway

#3120.261 Wed 4:30 - 5:20 pm

Monteville

#3150.251 Tues 5:00 - 5:50 pm

Colorful Creatures

Explore the world of color in the animal kingdom. Course covers seven possible media. A \$10 supply fee to be paid to the instructor at the beginning of the session.

Instructor: A. Batson
Fee: \$50 Resident
\$68 Non-Resident

Ages: 6 and over

Veterans

#3162.211 Mon 4:00 - 4:50 pm

Creative Clay

New non-fire clay in every color. Take home what you make the same day. A \$10 materials fee to be paid to instructor on first class.

Instructor: A. Melzer
Fee: \$36 Resident
\$43 Non-Resident

Ages: 6 and over

Loma Verde

#3180.221 Mon 6:00 - 8:00 pm

Creative Collages

Students make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more.

Instructor: Staff
Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-8

Veterans

#3010.211 Wed 5:30 - 6:15 pm

Drawing For Kids

Kids will develop a sense of observation in this beginning drawing class.

Instructor: C. Olimon
Fee: \$45 Resident
\$56 Non-Resident

Ages: 6-10

Heritage

#3160.201 Tues 4:00 - 4:50 pm

Heritage

#3160.202 Tues 5:00 - 5:50 pm

Drawing Plus!

This course starts with several weeks of basic drawing. We'll then add in painting techniques. \$7 material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10 8 week class

Parkway

#3110.261 Wed 3:30 - 4:20 pm

Monteville

#3110.250 Tues 4:00 - 4:50 pm

Drawing Studio

Students will learn drawing techniques. This course is designed to include a variety of materials. \$35 materials fee due on the first day of class.

Instructor: L. Villaseñor-Isabelle
Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-16

Veterans

#3155.212 Tues 6:15 - 7:15 pm

Heritage

#3155.202 Sat 10:30 - 11:30 am

Fabric Fun

Develop and strengthen creative skills, build self-esteem, develop a sense of self-importance and individuality. A \$20 supply fee due on the first day of class.

Instructor: A. Batson
Fee: \$50 Resident
\$68 Non-Resident

Ages: 8 and over

Veterans

#3166.211 Mon 6:00 - 6:50 pm

Fine Arts Painting

With the direction and motivation of professional artist/art teacher, your child will create a beautiful masterpiece. \$35 materials fee due on the first day of class.

Instructor: L. Villaseñor-Isabelle
Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-16

Heritage

#3155.201 Sat 9:00 - 10:00 am

Veterans

#3155.211 Tues 5:00 - 6:00 pm

Spring Classes



creative classes

Intro to Clay

Learn the basic techniques in clay using a variety of methods. Materials fee of \$5 (children) and \$15 (adults) will be paid to the instructor on the first day of class.

Instructor: A. Bernard-Bryant
Fee: \$60 Resident
 \$70 Non-Resident

Ages: 7 and over

Heritage
#3230.201 Thurs 6:30 - 7:30 pm

Loony-Toons

Caricature. Creating cartoon characters from animals and objects. Making characters cute or ugly. A \$10 supply fee to be paid to the instructor at the beginning of the session.

Instructor: A. Batson
Fee: \$50 Resident
 \$68 Non-Resident

Ages: 8 and over

Veterans
#3168.211 Mon 7:00 - 7:50 pm

Painting

This course is designed to teach students basic and intermediate techniques in painting.

Instructor: O. Alvarado
Fee: \$20 Resident
 \$25 Non-Resident

Ages: 18 and over

Veterans
#3085.211 Tues 9:00 am - 12:00 pm

Painting for Children

Your children will learn the basic and intermediate techniques in painting. A material fee of \$25 is to be paid to the instructor on the first day of class.

Instructor: O. Alvarado
Fee: \$30 Resident
 \$36 Non-Resident

Ages: 6-12

Montevelle 8 week class
#3155.251 Mon 4:30 - 5:30 pm

Pastel Painting

Anyone can paint in this beginners. Follow easy instructions to create a new painting each week. Walk-ins are welcome. \$1.25 materials fee to be paid to the instructor for each lesson.

Instructor: C. Miller
Fee: \$85 Resident
 or \$11 drop in per class
 \$107 Non-Resident
 or \$14 drop in per class

Ages: 9 and over

Heritage
#3182.201 Thurs 2:45 - 4:45 pm

Ages: Adult

Heritage
#3182.202 Fri 9:00 - 11:00 am

Totally Art!

Using many types of media, you'll create art projects in this course of exploration.

Instructor: Staff
Fee: \$25 Resident
 \$30 Non-Resident
 Fee includes supplies

Ages: 6-10

Heritage
#3150.201 Mon 4:00 - 4:50 pm

enrichment

Adult Scrapbooking

This workshop for beginners or intermediate scrapbookers will teach you how to use 3-dimensional elements. Participants must bring their own acid-free adhesive and scissors.

Instructor: R. Medford
Fee: \$55 Resident
 \$63 Non-Resident

Ages: 16 and over

Montevelle 5 week class
#3700.253 Wed 6:00 - 8:00 pm

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission.

Instructor: K. Fajardo
Fee: \$45 Resident
 \$55 Non-Resident

Ages: 11 and over

Community Youth Center
#3116.281 Apr 21, 28 9:00 am - 12:00 pm
 Class meets both days

Community Youth Center
#3116.283 May 12, 19 9:00 am - 12:00 pm
 Class meets both days

Community Youth Center
#3116.285 June 9, 16 9:00 am - 12:00 pm
 Class meets both days

Build Your Own Cook Book

Enjoy hands on, staff directed cooking class where your Jr. Chef prepares healthy childhood favorites. Bon Appetite!

Instructor: Staff
Fee: \$40 Resident
 \$50 Non-Resident

Ages: 6-12

Salt Creek
#3115.232 Mon 4:30 - 5:20 pm

Cooking 101

Designed for the beginner in the kitchen. A \$30 supply fee due to instructor the first day of class.

Instructor: D. Hlava
Fee: \$40 Resident
 \$49 Non-Resident

Ages: Teens and Adults

Veterans 6 week class
#3320.211 Mon 7:00 - 8:30 pm

Montevelle 6 week class
#3320.251 Wed 6:30 - 8:00 pm



FACT: More than 60 percent of U.S. women do not engage in the recommended amount of physical activity.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Dog Obedience

Learn basic commands for dogs over 4 months. All dogs must have current shots.

Instructor: J. Hitz
Fee: \$65 Resident
\$80 Non-Resident

Ages: 12 and over

Monteville 8 week class
#3600.250 Wed 7:00 - 8:00 pm
Monteville 8 week class
#3600.251 Sat 3:00 - 4:00 pm

Instructor: S. Cunningham
Fee: \$70 Resident
\$86 Non-Resident

Ages: 18 and over

Veterans April 17 - May 15
#3600.211 Tues 6:00 - 7:00 pm
Veterans May 22 - June 19
#3600.212 Tues 6:00 - 7:00 pm

Etiquette and Social Skills for Children

This course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards.

Instructor: D. O'Farrell
Fee: \$75 Resident
\$94 Non-Resident
Fee includes food

Ages: 6-12

Heritage
#4415.201 April 7, 14 12:00 - 3:00 pm
Heritage
#4415.202 April 21, 28 12:00 - 3:00 pm

I Can Scrapbook!

Participants will assemble their own scrapbook! Every page is a unique concept with a consistent color scheme throughout the book. Participants must bring their own acid-free adhesive to class or they can purchase it through the instructor.

Instructor: R. Mefford
Fee: \$55 Resident
\$63 Non-Resident

Ages: 7-10

Monteville 6 week course
#3700.251 Tues 4:00 - 5:30 pm

Ages: 11-14

Monteville 6 week course
#3700.251 Thurs 4:00 - 5:30 pm

Infantile Education in Japanese

Participants will learn reading, writing, and conversation in Japanese.

Instructor: Y. Murakami
Fee: \$120 Resident
\$150 Non-Resident

Ages: 7-12

Veterans
#3800.211 Sat 12:30 - 2:30 pm

Jewelry Making

Learn how to make fashionable beaded earrings. A \$10 supply fee is due to the instructor at the beginning of the class.

Instructor: E. Lowe
Fee: \$30 Resident
\$36 Non-Resident

Ages: Teens and Adults

Veterans
#3812.216 June 2 12:00 - 2:00 pm

Jewelry Making – "Mommy and Me"

Mothers and daughters learn how to make matching fashionable beaded earrings and bracelets. A \$20 supply fee is due to the instructor at the beginning of the class.

Instructor: E. Lowe
Fee: \$40 Resident
\$48 Non-Resident

Ages: 7 and over

Veterans
#3812.217 June 23 11:00 am - 2:00 pm

Little Chefs

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes.

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 6-12 8 week class
Loma Verde
#3112.221 Wed 3:30 - 4:15 pm

Make A Meal Workshop

Each child will make a complete meal for a family of four. A supply fee of \$20.00 is due at the beginning of each workshop to the instructor.

Instructor: D. Hlava
Fee: \$15 Resident
\$18 Non-Resident

Ages: 6-15

Asian
Monteville
#3311.150 April 3 2:30 - 5:30 pm
American
Monteville
#3311.151 April 4 2:30 - 5:30 pm
Italian
Veterans
#3310.116 April 2 2:30 - 5:30 pm
Greek
Veterans
#3310.117 April 5 2:30 - 5:30 pm

Make, Bake, and Take

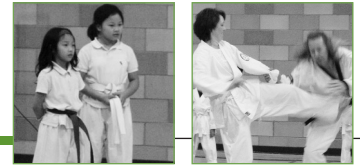
Students will learn the basic fundamentals of nutrition, table manners, and cooking skills. A supply fee of \$15 is due to the instructor the first day of class.

Instructor: D. Hlava
Fee: \$30 Resident
\$37 Non-Resident

Ages: 5-12

6 week class
Otay
#3310.241 Fri 2:15 - 3:30 pm
Otay
#3310.242 Fri 3:45 - 5:00 pm
Veterans
#3310.211 Mon 3:30 - 4:45 pm
Veterans
#3310.212 Mon 5:00 - 6:15 pm
Veterans
#3310.213 Thurs 3:30 - 4:45 pm
Veterans
#3310.214 Thurs 5:00 - 6:15 pm
Veterans
#3310.215 Thurs 6:30 - 7:45 pm
Monteville
#3310.250 Wed 3:30 - 4:45 pm
Monteville
#3310.251 Wed 5:00 - 6:15 pm

Spring Classes



fitness classes

Ole, Ole Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class.

Instructor: C. Vera
Fee: \$65 Resident
 \$80 Non-Resident

Ages: 2-4 8 week class
Veterans
#3090.211 Fri 9:00 - 10:00 am

Ages: 5 and over
Veterans
#3090.212 Fri 4:00 - 5:00 pm

Ready, Set, Knit, and Crochet

Learn the basic techniques of knitting and crocheting. Choose your own projects from flower pins, belts, scarves, blankets, and more.

Instructor: M. Elias
Fee: \$45 Resident
 \$56 Non-Resident

Ages: 8 and over
Heritage
#3181.201 Mon 5:00 - 6:15 pm

Rubber Stamping – Gift Bags and Boxes

Learn how to create gift bags and boxes for any special occasion using rubber stamps. A \$15 supply fee is due to the instructor at the beginning of the class.

Instructor: E. Lowe
Fee: \$30 Resident
 \$36 Non-Resident

Ages: Teens and Adults
Veterans
#3812.213 April 28 12:00 - 3:00 pm

Rubber Stamping – Scrappers Camp for Mommy and Me

Learn how to create a mini scrapbook using rubber stamps. A \$20 supply fee is due to the instructor at the beginning of the class.

Instructor: E. Lowe
Fee: \$30 Resident
 \$36 Non-Resident

Ages: 7 and over
Veterans
#3812.215 May 19 10:00 am - 1:00 pm

Rubber Stamping – Scrappin' and Stamping

Learn how to make beautiful, fast, and easy scrapbook pages using rubber stamps. A \$10 supply fee due to instructor at the beginning of the class.

Instructor: E. Lowe
Fee: \$30 Resident
 \$36 Non-Resident

Ages: Teens and Adults
Veterans
#3812.212 April 21 10:00 am - 1:00 pm

Rubber Stamping – Stamp-a-Stack of Greeting Cards

Learn how to make greeting cards using rubber stamps. A \$15 supply fee due to the instructor at the start of the class.

Instructor: E. Lowe
Fee: \$30 Resident
 \$36 Non-Resident

Ages: Teens and Adults
Veterans
#3812.211 April 14 11:00 am - 2:00 pm

Scrapbooking

You will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos.

Instructor: K. Ralston
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 16 and over
Heritage
#3180.201 April 14 12:00 - 3:00 pm
 May 19 12:00 - 3:00 pm
 June 2 12:00 - 3:00 pm

Spring Baking and Crafting Workshop

Students will make and bake their own carrot cake and sugar cookies. A supply fee of \$15.00 is due to the instructor at the beginning of the workshop.

Instructor: D. Hlava
Fee: \$15

Ages: 5-15
Monteville
#3500.153 March 31 9:00 am - 12:00 pm
Monteville
#3500.154 March 31 12:30 - 3:30 pm

fitness classes

martial arts

Chula Vista Karate Club

Instructor: J. Hickman
Fee: \$30 Resident
 \$37 Non-Resident

Ages: 5-11, Beginning
Chula Vista Woman's Club
#4310.261 Tues 4:00 - 4:50 pm

Ages: 5 and over, Intermediate
Chula Vista Woman's Club
#4315.261 Tues 5:00 - 5:50 pm



FACT: Physical activity may enhance the effect of estrogen replacement therapy in decreasing bone loss after menopause.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Jiu-jitsu

Get in great shape and at the same time learn self-defense. Learn how to defend yourself standing and on the ground.

Fee: \$37 Resident
\$47 Non-Resident

Ages: 5-12

Salt Creek

#4634.231 Tues 7:00 - 7:50 pm

Ages: 13 and over

Salt Creek

#4634.232 Tues 8:00 - 8:50 pm

Judo

Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program.

Instructor: M. Ozaki and Staff

Fee: \$25 Resident
\$30 Non-Resident

Ages: 5 - Adult

Beginning

Community Youth Center

#4360.281 Tues 7:00 - 7:50 pm

Community Youth Center

#4360.282 Thurs 7:00 - 7:50 pm

Salt Creek

#4360.234 Wed 7:00 - 7:50 pm

Advanced

Community Youth Center

#4365.281 Tues 8:00 - 8:50 pm

Community Youth Center

#4365.282 Thurs 8:00 - 8:50 pm

Salt Creek

#4365.234 Wed 8:00 - 8:50 pm

Karate 101

Instructor: G. Amen

Fee: \$37 Resident
\$44 Non-Resident

Ages: 6 and over

Otay

#4350.241 Tues 6:00 - 7:00 pm

MonteValle

#4350.250 Wed 5:30 - 6:30 pm

Karate-Do

Instructor: A. Lopez

Fee: \$30 Resident
\$40 Non-Resident

Ages: 5-11, Beginning

Salt Creek

#4320.233 Tues 4:00 - 4:50 pm

Salt Creek

#4320.235 Thurs 5:00 - 5:50 pm

Ages: 12 and over, Intermediate

Salt Creek

#4320.236 Thurs 6:00 - 6:50 pm

Okinawa-Karate

Instructor: S. Ingalls

Fee: \$31 Resident
\$39 Non-Resident

Ages: 5-11, Beginning

Community Youth Center

#4320.281 Thurs 5:30 - 6:20 pm

Loma Verde

#4320.222 Tues 5:00 - 5:50 pm

Ages: 12 and over

Beginning/Intermediate

Community Youth Center

#4325.283 Thurs 6:30 - 7:20 pm

Loma Verde

#4325.224 Tues 6:00 - 6:50 pm

Power Kickboxing

Mixed Martial Arts class for all students. Includes boxing, kickboxing, karate, kung fu, and grappling.

Instructor: G. Amen

Fee: \$70 Resident
\$90 Non-Resident

Ages: 18 and over

Veterans

Mon 6:00 - 7:30 pm

Sat 9:30 - 11:30 am

#4680.214 April

#4680.215 May

#4680.216 June

Qigong and Tai Chi Exercises

Calm your mind, life your spirits and strengthen your body through the basics of Chinese internal and martial arts.

Instructor: L. Lowe

Fee: \$45/Month or \$6/Class Resident
\$55/Month or \$8/Class Non-Resident

Ages: Adults

Otay

#4640.243 June, Tu, Th 6:00 - 7:00 pm

Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through choreographed sequence of combative and defense movements.

Instructor: D. Russell

Fee: \$21 Resident
\$32 Non-Resident

Ages: 5 and over

Veterans

#4831.211 W, F 6:30 - 7:30 pm

Sat 1:00 - 2:00 pm

Spring Classes



fitness classes

Shito-Ryu Karate

Karate is a great way to stay in shape, relieve stress and give you confidence. Learn self-defense skills while having fun.

Instructor: J. Martinez and staff

Fee: \$40 Resident
\$49 Non-Resident

Ages: 5 and over

Salt Creek
#4330.230 Wed 4:30 - 5:20 pm

Salt Creek
#4330.234 Wed 5:30 - 6:20 pm

Salt Creek
#4330.237 Sat 9:30 - 10:20 am

Fee: \$70 Resident
\$84 Non-Resident

Heritage
#4330.201 Tu, Th 4:00 - 4:50 pm

Taekwondo

Instructor: S. Juare
Fee: \$30/Month Resident
\$36/Month Non-Resident

Ages: 7 - Adult

Community Youth Center
#4381.184 Mar, M, W 4:30 - 6:00 pm
#4381.280 Apr, M, W 4:30 - 6:00 pm
#4381.282 May, M, W 4:30 - 6:00 pm
#4381.284 Jun, M, W 4:30 - 6:00 pm

Tang Soo Doo – Karate

Instructor: G. Amen
Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Veterans
#4350.211 Mon, Th 5:15 - 6:15 pm
Sat 9:30 - 10:30 am

physical fitness

Abs, Thighs, and Buns

This class hits that hard to tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs.

Instructor: A. Jurado
Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Monteville
#4112.250 Tues 7:30 - 8:30 pm

Adult Boot Camp

A little less intimidating, but equally as challenging as The Real Thing, this Boot Camp is meant more for fun and fitness than bullying and belittling.

Instructor: D. Rodriguez
Certified ACE Trainer
Fee: \$65 Resident
\$80 Non-Resident

Ages: Adults

Community Youth Center
#4145.281 M, W 5:30 - 6:30 pm
April 16 - June 13 10 weeks

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout.

Instructor: P. Payne
Fee: \$55 for 10 weeks
or \$5 daily Resident
\$62 for 10 weeks
or \$7 daily Non-Resident

Ages: Adults

Heritage
#4100.201 Mon, Wed 7:00 - 7:45 pm
Heritage
#4100.202 Tues, Thurs 9:00 - 9:45 am

Belly Dancing for Fitness

Designed for fitness, utilizing the beautiful and sensual techniques of the ancient oriental dance known as belly dancing.

Instructor: D. Weisner
Fee: \$35 per month Resident

Ages: Adults

Monteville
Mon, Wed 8:30 - 9:30 am
#4300.250 April
#4300.251 May
#4300.252 June

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching.

Instructor: J. Hickman
Fee: \$41 Resident
\$50 Non-Resident

Ages: Adults

Chula Vista Woman's Club
#4260.261 Tues 6:00 - 6:50 pm

Cardio-Kickboxing

Kick it into high gear. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals.

Instructor: G. Amen
Fee: \$30/Month Resident
\$37/Month Non-Resident

Ages: Adults

Veterans April
#4680.211 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am
Veterans May
#4680.212 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am
Veterans June
#4680.213 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am





Fee: \$15/Month Resident
\$18/Month Non-Resident

Ages: Adults

Monteville April

#4680.250 Wed 6:30 - 7:30 pm

Monteville May

#4680.251 Wed 6:30 - 7:30 pm

Monteville June

#4680.252 Wed 6:30 - 7:30 pm

Cardio Salsa

This cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout.

Instructor: C. Perez and staff

Fee: \$29 Resident
\$35 Non-Resident

Ages: 14-Adult

Monteville

#4111.250 Tues 7:00 - 8:00 pm

Fitness Fanatics

Kids will learn the importance of exercise and good eating habits for a healthy lifestyle. At the end of each class participants will be given nutritional tips and "a quote of the day" to help promote a positive attitude.

Instructor: S. Fitch

Fee: \$35 Resident
\$43 Non-Resident

Ages: 10-13

Veterans

#9900.213 Mon 4:00 - 4:45 pm

Lunch Hour Yoga

Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$42/month or \$5/daily Resident
\$52/month or \$7 daily Non-Resident

Ages: Adults

Parkway

#4112.163 Mar, M, W, Th 12:00 - 12:50 pm

#4112.261 Apr, M, W, Th 12:00 - 12:50 pm

#4112.262 May, M, W, Th 12:00 - 12:50 pm

#4112.263 Jun, M, W, Th 12:00 - 12:50 pm

Monteville Pilates

Learn proper breathing technique and alignment. Focus on toning your abs and thighs. Mat required.

Instructor: F. Alvarez

Fee: \$40/month or \$7/per class Resident
\$49/month or \$9 per class Non-Resident

Ages: 16 and over

Monteville

#4101.250 Apr, Tu, Th 9:10 - 10:00 am

#4101.251 May, Tu, Th 9:10 - 10:00 am

#4101.252 Jun, Tu, Th 9:10 - 10:00 am

Morning Circuit

Designed for beginners. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over

Otay

#4620.248 M, W, F 9:30 - 11:00 am

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals.

2. April 1 - June 30

Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident
\$50 Non-Resident

Ages: 15 and over

#4620.245 Otay

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques.

Instructor: N. Kelsey

Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway

#4320.163 Mar, M, Th 5:30 - 6:30 pm

#4320.261 Apr, M, Th 5:30 - 6:30 pm

#4320.262 May, M, Th 5:30 - 6:30 pm

#4320.263 Jun, M, Th 5:30 - 6:30 pm

Pilates

Classes meet on a monthly basis. Classes begin on April 4, 2007. Choose an option that works best for you.

Instructor: F. Alvarez

Option 1:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

Wed 8:30 - 9:20 pm

#4330.234 April Monthly

#4330.235 April Daily

#4331.234 May Monthly

#4331.235 May Daily

#4332.234 June Monthly

#4332.235 June Daily

Spring Classes



fitness classes

Option 2:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

Sat 8:00 - 8:50 am

- #4330.237 April Monthly
- #4330.238 April Daily
- #4331.237 May Monthly
- #4331.238 May Daily
- #4332.237 June Monthly
- #4332.238 June Daily

Power Yoga

Combines the elements of strength, balance, composure and flexibility to provide a "sweaty, aerobic form of yoga."

Instructor: S. Sutherland

Option 1:

Fee: \$35/Month or \$9/Class Resident
\$44/Month or \$12/Class Non-Resident

Ages: Adults

Salt Creek

Wed 8:15 - 9:00 am

- #4330.233 April Monthly
- #4331.233 April Daily
- #4332.233 May Monthly
- #4333.233 May Daily
- #4334.233 June Monthly
- #4335.233 June Daily

Salt Creek

Fri 8:00 - 8:45 pm

- #4330.239 April Monthly
- #4331.239 April Daily
- #4332.239 May Monthly
- #4333.239 May Daily
- #4334.239 June Monthly
- #4335.239 June Daily

Pre-Natal Yoga

For moms-to-be who are between 5 and 8 months pregnant. Pre-natal yoga prepares you to be physically and emotionally ready for childbirth. All participants need a doctor's clearance to participate.

Instructor: B. Nunez-Rosas

Fee: \$51 Resident
\$63 Non-Resident

Veterans

Mon, Th 10:00 - 11:00 am

- #4020.211 April
- #4020.212 May
- #4020.213 June

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment and free weights. Participation is by membership only.

Fee: \$25 Resident for 3 months
\$50 Non-Resident for 3 months

Step and Sculpt

This fun and high energetic class combines easy to follow step aerobics with strength conditioning using resistance bands.

Instructor: L. Landry

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: Adults

Montevelle

- #4311.252 Apr, M, W 10:30 - 11:30 am
- #4311.253 May, M, W 10:30 - 11:30 am
- #4311.254 Jun, M, W 10:30 - 11:30 am

Trataka Yoga

Lengthen and tone your muscles with this matwork class. Students will sculpt long, lean muscles, and improve overall flexibility.

Instructor: F. Rosas

Fee: \$42/Month Resident
\$52/Month Non-Resident

Ages: Adults

Heritage

- #4322.201 Apr, M, W 6:45 - 7:45 pm
- #4322.202 May, M, W 6:45 - 7:45 pm
- #4322.203 Jun, M, W 6:45 - 7:45 pm

Veterans

- #4010.211 Apr, Tu, Th 7:00 - 8:00 pm
- #4010.212 May, Tu, Th 7:00 - 8:00 pm
- #4010.213 Jun, Tu, Th 7:00 - 8:00 pm

Yoga

Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$30 Resident / \$5 Daily
\$37 Non-Resident / \$7 Daily

Ages: Adults

Salt Creek

- #4112.232 Mon 6:30 - 7:20 pm

Salt Creek

- #4113.234 Wed 6:30 - 7:20 pm

Montevelle

- #4010.250 Thurs 6:45 - 7:45 pm

Montevelle

- #4010.251 Sat 9:00 - 10:00 am

Youth/Teen Fitness

Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health.

Fee: \$15 Resident
\$18 Non-Resident

Ages: 10-17

Otay

- #4620.241 M, W 4:00 - 5:00 pm



FACT: More than 60 percent of U.S. women do not engage in the recommended amount of physical activity.



Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

sports

Adult Beginning Tennis

Tennis Pro: J. Villanueva
Fee: \$115 Resident
\$140 Non-Resident

Ages: 18 and over

Salt Creek

#5569.233 Wed 9:00 - 9:50 am

Adult Tennis Lessons

Maximum of 8 adults per class. Info:
(619) 409-5875. 8 week class.

Tennis Pro: J. Villanueva
Fee: \$95 Resident
\$118 Non-Resident

Ages: 18 and over

Tennis Pro: J. Villanueva

Salt Creek

#4565.230 Tues 7:00 - 8:00 pm

Salt Creek

#4565.234 Wed 11:00 am - 12:00 pm

Salt Creek

#4565.234 Wed 10:00 - 10:50 am

Tennis Pro: R. Thomas

Monteville

#4565.251 Thurs 6:30 - 7:30 pm

Monteville

#4565.252 Sat 9:30 - 10:30 am

Monteville

#4565.253 Sat 10:30 - 11:30 am

After School Tennis Lessons

These classes are for the beginner tennis player. A tennis racquet is required to participate. All classes meet for five weeks.

Instructor: R. Thomas
Fee: \$45 Resident
\$55 Non-Resident

Ages: Grades 1-3

Session 1A April 18 - May 16
Monteville

#4578.251 Wed 3:30 - 4:20 pm

Session 1B May 23 - June 20
Monteville

#4578.252 Wed 3:30 - 4:20 pm

Session 1C April 16 - May 14
Terra Nova Park

#5578.281 Mon 3:30 - 4:20 pm

Session 1D May 21 - June 25
Terra Nova Park

#5578.283 Mon 3:30 - 4:20 pm

Ages: Grades 4-6

Session 2A April 19 - May 17
Monteville

#4578.253 Thurs 3:30 - 4:20 pm

Session 2B May 24 - June 21
Monteville

#4578.254 Thurs 3:30 - 4:20 pm

Session 2C April 17 - May 15
Terra Nova Park

#5578.285 Tues 3:30 - 4:20 pm

Session 2D May 22 - June 19
Terra Nova Park

#5578.287 Tues 3:30 - 4:20 pm

Ages: Grades 7-8

Session 3A April 18 - May 16
Monteville

#4579.255 Wed 4:30 - 5:20 pm

Session 3B May 23 - June 20
Monteville

#4579.256 Wed 4:30 - 5:20 pm

Session 3C April 18 - May 16
Monteville

#4579.257 Thurs 4:30 - 5:20 pm

Session 3B May 23 - June 20
Monteville

#4579.258 Thurs 4:30 - 5:20 pm

Archery

Take aim and learn the family-friendly sport of archery. Equipment is provided. Eight-week course.

Instructor: T. Robey
Fee: \$40 Resident
\$49 Non-Resident

Ages: 8-17, Beginning
Paseo Del Rey Park

#4230.281 Sat 9:00 - 9:50 am

Ages: 8-17, Intermediate
Paseo Del Rey Park

#4235.281* Sat 10:00 - 10:50 am

Ages: 13 and over, Advanced
Paseo Del Rey Park

#4240.282* Sat 11:00 - 11:50 am

*Prerequisite: Successful completion of beginning course and instructor approval.

Basketball 101

Class teaches basketball basics and gives participants a good jump towards advancement to organized teams.

Instructor: Staff
Fee: \$35 Resident
\$45 Non-Resident

Ages: 8-10

Parkway
#4318.261 Thurs 4:15 - 5:05 pm
Monteville

#4318.250 Wed 3:30 - 4:20 pm
Community Youth Center

#4318.281 Fri 3:30 - 4:20 pm

Spring Classes



fitness classes

Ages: 11-14

Monteville

#4318.251 Wed 4:30 - 5:20 pm

Community Youth Center

#4318.282 Fri 4:30 - 5:20 pm

Beginning Golf

These introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green.

Instructor: B. Rice

Fee: \$180 Resident
\$225 Non-Resident

Ages: 4-17

Salt Creek

#4030.233 Fri 3:45 - 4:35 pm

Cheerleading Workshop

Learn the fundamentals of cheerleading including simple cheers and stunts.

Instructor: V. Mendoza

Fee: \$30 Resident
\$37 Non-Resident

Ages: 14 and under

Salt Creek

#4595.233 Wed 7:30 - 8:20 pm

Group Tennis Lessons

Students must bring their own tennis racket. These lessons are designed for beginner and intermediate levels. Each session is five weeks.

Instructor: R. Thomas

Fee: \$75 Resident
\$85 Non-Resident

Ages: Grades 1-3

Session 4A April 18 - May 16

Monteville

#4580.251 Wed 5:30 - 6:20 pm

Session 4B May 23 - June 20

Monteville

#4580.252 Wed 5:30 - 6:20 pm

Session 4C April 20 - May 18

Monteville

#4580.253 Fri 3:30 - 4:20 pm

Session 4D May 25 - June 22

Monteville

#4580.154 Fri 3:30 - 4:20 pm

Session 4E April 16 - May 14

Terra Nova Park

#5563.283 Mon 4:30 - 5:20 pm

Session 4F May 25 - June 22

Terra Nova Park

#5563.287 Mon 4:30 - 5:20 pm

Ages: Grades 4-6

Session 5A April 19 - May 17

Monteville

#4580.255 Thur 5:30 - 6:20 pm

Session 5B May 24 - June 21

Monteville

#4580.256 Thur 5:30 - 6:20 pm

Session 5C April 20 - May 18

Monteville

#4580.257 Fri 4:30 - 5:20 pm

Session 5D May 25 - June 22

Monteville

#4580.258 Fri 4:30 - 5:20 pm

Session 5E April 17 - May 15

Terra Nova Park

#5563.285 Tues 4:30 - 5:20 pm

Session 5F May 22 - June 19

Terra Nova Park

#5563.289 Tues 4:30 - 5:20 pm

Ages: Grades 7-9

Session 6A April 18 - May 16

Monteville

#4581.250 Wed 6:30 - 7:20 pm

Session 6B May 23 - June 20

Monteville

#4581.251 Wed 6:30 - 7:20 pm

Session 6C April 20 - May 18

Monteville

#4581.252 Fri 5:30 - 6:20 pm

Session 6D May 25 - June 22

Monteville

#4581.253 Fri 5:30 - 6:20 pm

Gymnastics I

Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

Loma Verde

#4105.221 Sat 10:00 - 10:50 am

Monteville

#4320.250 Fri 4:00 - 4:50 pm

Gymnastics II & III

Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullover on the bar.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

Loma Verde

#4105.222 Sat 11:00 - 11:50 am

Monteville

#4320.251 Fri 4:00 - 4:50 pm

Boys Gymnastics (All Levels)

Ages: 5 and over

Loma Verde

#4105.223 Sat 12:00 - 12:50 am

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics.

Instructor: J. Villanueva

Fee: \$95 Resident
\$118 Non-Resident

Ages: 5-12

Salt Creek

8 week class

#4590.250 Tues 6:00 - 7:00 pm

Instructor: J. Villanueva

Fee: \$115 Resident
\$144 Non-Resident

Ages: 8-16

Salt Creek

8 week class

#4590.230 Wed 6:00 - 7:00 pm





Class Dates - All classes are 10 weeks from April 16 - June 25, unless otherwise noted.

Junior Stars

The Junior Stars program is designed to teach young athletes proper training techniques that will help them prepare for youth sports.

Instructor: J. McKenzie
Fee: \$55 Resident
\$68 Non-Resident

Ages: 8-12

Session 1: April 17 - May 17

Otay
#4641.241 Tu, Th 6:00 - 7:00 pm

Session 2: May 22 - June 21

Otay
#4641.242 Tu, Th 6:00 - 7:00 pm

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace, elegance, creativity, musicality and self-expression.

Instructor: A. Zubkis
Fee: \$85 Resident
\$105 Non-Resident

Girls / Women Only

Ages: 6-8

Salt Creek
#6140.230 Wed 4:00 - 5:00 pm

Ages: 9 and over

Salt Creek
#6140.234 Wed 5:00 - 6:00 pm

Rockin' Sports

Students will learn the basics of a variety of sports. Emphasis is on fun and learning about good sportsmanship.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8

Monteville
#4316.250 Mon 3:30 - 4:30 pm

Super Stars

The Super Stars program is designed to help high school level athletes prepare for upcoming sports seasons.

Instructor: J. McKenzie
Fee: \$55 Resident
\$68 Non-Resident

Ages: 13-17

Session 1: April 16 - May 16

Otay
#4642.241 M, W 6:00 - 7:00 pm

Session 2: May 21 - June 25

Otay
#4642.242 M, W 6:00 - 7:00 pm

Spring Break Archery Camp

Learn the family-friendly sport of archery this Spring. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided.

Instructor: T. Robey
Fee: \$75 Resident
\$90 Non-Resident

Ages: 8-17

Paseo Del Rey Park
#4230.285 Apr 2 - 6 9:00 - 11:00 am

Spring Break Tennis Camp

Instructor: J. Villanueva
Fee: \$110 Resident
\$137 Non-Resident

Ages: 8-16

Monteville
#5561.250 Apr 9 - 13 9:00 am - 12:00 pm

Table Tennis / Ping Pong

Parents must register and accompany children under 8 years of age.

Fee: \$38 Resident
\$48 Non-Resident

Ages: 8 and under

Salt Creek
#4147.234 Wed 4:00 - 4:50 pm

Salt Creek
#4147.235 Wed 5:00 - 5:50 pm

Fee: \$38 Resident
\$48 Non-Resident

Ages: Seniors

Salt Creek
#4157.236 Wed 1:30 - 3:00 pm

Youth Passing Academy

The passing academy is designed to teach young athletes in skill positions how to throw, catch, and defend properly.

Instructor: J. McKenzie
Fee: \$55 Resident
\$68 Non-Resident

Ages: 8-14

May 25 - June 23

Otay
#4643.241 Fri 4:00 - 5:00 pm
Sat 9:00 - 11:00 am

Senior Programs

Feeling Fit Exercise for 50+

Strength training, balance, and flexibility exercises designed for all abilities.

Free
Veterans
Tues, Thurs 2:00 - 2:30 pm

Telling Tales of the Kumeyaay Culture

Presented by Dr. Troy Jordan, Archaeologist.

Free
Veterans
April 11 10:00 am

Japan in a Suitcase

Learn about Japanese culture and how to do origami.

Free
Veterans
April 11 10:00 am